

COACH MESSENGER

JANUARY 2021

CHESTER COUNCIL ON AGING
15 MIDDLEFIELD RD., CHESTER, MA 0101
413 354-7735
PEGGY GRAVELINE, DIRECTOR

This Newsletter is sponsored in part by the Executive Office of Elder Affairs

SAVE THE DATE

Meals/Grab & Go (Monday, 1/4, Thursday, 1/7, Monday, 1/11, Thursday, 1/14, Friday, 1/15, Tuesday, 1/19, Thursday, 1/21, Monday, 1/25) & Thursday, 1/28. **NO MEALS ON MONDAY, 1/18 – MLK DAY**
NOTE: Due to the Corona Virus (COVID-19) Pandemic, meals will be on a pick-up basis only between 12-1 p.m. until further notice. There will be only one meal option during this period. Please call 354-7735 and leave a message 2 days in advance if you would like to pick up a meal.

Mahjong cancelled until further notice.

Blood Pressure Screening cancelled until further notice.

Brown Bag Pick-Up – 3rd Friday of the Month (January 15th) – NOTE: If you have also ordered a lunch for that day, please plan on picking up your Brown Bag between 12-1 p.m.

Foot Clinic: Tuesday, February 2nd and Wednesday, February 3rd – By appointment only.

WHEN CAN I GET MY COVID 19 VACCINE?

PHASE ONE – DECEMBER 2020 – FEBRUARY 2021

In Order of Priority

- Clinical and non-clinical healthcare workers doing direct and COVID-facing care
- Long term care facilities, rest homes and assisted living facilities
- Police, Fire and Emergency Medical Services
- Congregate care settings (including corrections and shelters)
- Home-based healthcare workers
- Healthcare workers doing non-COVID-facing care

PHASE TWO – FEBRUARY – APRIL

In Order of Priority

- Individuals with 2+ comorbidities (high risk for COVID-19 complications)
- Early education, K-12, transit, grocery, utility, food and agriculture, sanitation, public works and public health workers
- Adults 65+
- Individuals with one comorbidity

PHASE THREE – APRIL – JUNE

Vaccine expected to be available to the general public. Once the vaccine is available to the general public, public vaccine clinics will be available on the CDC's interactive website, [vaccinefinder.org](https://www.cdc.gov/vaccines/imz/finder/)

CHESTER COA – GRAB & GO LUNCHES FOR JANUARY 2021

MONDAY or TUESDAY	THURSDAY	FRIDAY
4 Ham & Pickle Salad, Broccoli Salad, Potato Salad, Whole Wheat Bread, Fig Bar	7 Roast Turkey w/Gravy, Steamed Carrots, Homemade Stuffing, Whole Wheat Bread, Vanilla Pudding w/Whipped Topping	
11 Chicken Chef Salad, Lettuce, Tomato, Cucumber, Pasta Salad, Whole Wheat Bread, Chilled Pears	14 Broccoli & Mushroom Quiche, Stewed Tomatoes, Oven Roasted Potatoes, Blueberry Muffin, Fresh Fruit	15 Baked Cod w/Crumb Topping, Glazed Carrots, Brown Rice, Oatmeal Bread, Jell-O w/Whipped Topping
19 - Tuesday Taco Salad, Lettuce and Tomato, Corn Relish, Tortilla Chips, Applesauce	21 Homemade Meatloaf w/Gravy, Steamed Carrots, Red Bliss Potatoes, Oatmeal Bread, Fresh Fruit	
25 Salisbury Steak w/Gravy, Steamed Green Beans, Whipped Potatoes, Whole Wheat Bread, Chilled Peaches	28 Swedish Meatballs, Steamed Green Beans, Cavatappi Noodles, Whole Wheat Bread, Fresh Fruit	

~ **HAPPY NEW YEAR** ~

May the coming year bring all of us relief from this Pandemic and return health and/or healing to those who have been affected by this terrible disease. I am sure we all would like to return to what we once considered our normal lives.

Continue to keep reaching out to family, friends, and neighbors who may be feeling lonely and may just need to hear a friendly voice to know they are not alone and that someone is thinking of them. Together we can continue to get through this, as long as we look out for each other.

SHINE Counseling – Contact Sue Kucharshi at the Senior Outreach Center (SHCOAC) 3 Maple Street, Chester, MA (413) 354-6540 to schedule an appointment. See what other senior benefits you may also be eligible for.
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